



# Washington Massage News

Affiliated with American Massage & Therapy Association

MAY ISSUE, 1961  
John A. Murray, Editor

## STATE PRESIDENT'S MESSAGE

I have received some inquiry regarding the legislative material compiled by our editor of the Massage News.

The purpose of this was to get a copy of substitute House Bill #16 to each of our members in case some should not get one of the official copies for one reason or another.

John Murray gave extra time and expense, other than the amount paid by the legislative fund, to get out this special copy of Substitute House Bill No. 16.

The amendment which we are interested in is on page 7 and is enclosed by an extra parenthesis that it may be found readily.

As you can see, it allows all massage therapists to continue practicing as we have done in the past. Even massage therapists who have been calling themselves Physical Therapist may still do so, providing they were practicing before Jan. 1, 1961, providing they do not use the words registered or licensed or the abbreviations, R.P.T. or L.P.T.

But any person graduated as a massage therapist after Jan. 1, 1961 had best use the title that belongs to our profession, Massage Therapist. I think that right here in the state of Washington is a good place to set that example, and all use the title which we are supposed to be, Massage Therapist, and be proud of it.

I notice in "The Masseur," in reading the different advertisements of the members, some still use the title Masseur or Masseuse, which our A.M.T.A. went on record three or four years ago, of changing our title of Masseur and Masseuse to Massage Therapist. Many didn't like the old title because of the degrading it had received in many places in the past. So let's all make the new title one to be proud of. Use it in your advertising, your daily work, and live your life that the public will be proud to recognize you as a Massage Therapist.

Fraternally,

Blossom G. Gunley, R.M.T.

A medical school class was asked to name five reasons why mother's milk is better for babies than cows' milk. These are some of the answers:

1. It's faster.
2. It's cleaner.
3. It's safer, the cat can't get it.
4. Easier to handle when traveling.
5. Comes in more attractive containers.

A young doctor who had instructed a class of women in first aid for several weeks resolved to put his teaching to practical test. As he stood on the platform he suddenly paused, staggered and then fell to the floor. A wave of horror ran through the class, sore women gave

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to the rescue of the prostrate doctor. After a few moments he got to his feet and soundly berated his students for their want of enterprise. "What use is my teaching," he demanded, "if you can't tackle a simple fainting spell?"

His star pupil rose from her seat with an injured air. "But, Doctor," she exclaimed, "we thought it was a real faint."

-- Readers Digest

Here is a copy of Stewart Piper's personal letter to me, which I am giving you in its entirety, as it best explains his, and our, situation at the present time. All we can say, and pray in hope, that this injury will be relieved, by whatever method is required, and that he will again be able to continue his practice as long as he wishes to do so.

The Editor

Dear John:

Thank you for your letter, and I hate to write what I am about to. I do not know what to say with regards the paper. I wanted to take it on, but as things seem now there is a definite uncertainty of our being in this state too much longer. I believe we have a buyer for our property and he will be coming out here in June to take possession if he is satisfied with the locale and so far he seems to be.

If we sell we may temporarily move to Everett but this move will be temporary for we would then move to Iowa where I will be having surgery on my neck to stop the progress of the sensory paralysis of my left arm (due to traumatic fracture of C-6). If

With this uncertainty, it would not be fair to take over the paper and after a month or two drop it, so if there is anyone else who can take it for more, please pass it on. If I do have to stay here a little longer, I am afraid I shall have to resort to surgery while still here as this arm is especially troublesome again since I received a second injury about a week ago resulting from a near accident and tire blowout on the highway.

John, I do not like to write this for I was looking forward to an endeavor to edit the paper and hopes of creating some added interest in our association. Whether or not I would have succeeded I do not know for I know no one who has put more into the paper than John A. Murray.

Please advise if I can help in any way and excuse me for having to write as I do. Circumstances arise that sometimes change completely our plans. I didn't anticipate a re-injury to this fractured cervical spine but it happened and the consequences are here and I am afraid I shall have to take immediate action to remove the injury to the nerve as the effects are also reaching into the neck and extending to both shoulders.

Thank you, John, for your many courtesies and kindnesses to me. I hope I can get in shape to be able to conduct my practice without suffering for it each night.

If I can serve with contributions to the paper I shall do so but I am afraid to tackle the editorship at present without being able to devote the amount of energy required.

Fraternally and sincerely yours,  
Stuart T. Piper, A.M.T.

A student in medical school received a telegram from his girl that de-  
serves the medal for the prize short short Dear John letter of the year.  
It read: Couldn't wait for you so married your father. Love, Mother.

~~MEETINGS~~ MEETINGS

The meeting of Seattle Chapter will be held at the home of Arthur and Dorothy Mann, of 12709 Palatine Ave., one block off Greenwood. Phone EM 3-8432. On Sunday, May 21, 1961 at 2:30 p.m. All members try to be present.

Art Dunbar, local president

~~Non-Member -- Zone Therapist Arrested~~

A friend and ex-patient of mine, residing in Van Nuys, Calif., sent me a clipping from The Valley Times, published in Van Nuys, regarding another ex-patient of mine, who at that time was a Beautician, later got interested in zone therapy, and was arrested for treating varicose veins, hemorrhoids and diagnosing by zone reflexes. She received a suspended sentence, providing she refrain from this practice, which has been proven to have no foundation, and practice cosmetology, for which she was qualified.

-- The Editor

It was not the apple on the tree, but the pair on the ground, I believe, that caused the trouble in the garden.

There are several good protections against temptations, but the surest is cowardice.

"Don't you think that your new short skirt makes you look shorter?"  
"I'm not sure about that, but it makes the boys look longer."

There appears in the Readers Digest of May 1961 an article titled, "Why We Have Aches and Pains," page 91. Condensed from U.S. News and World Report, an interview with Janet G. Travell, M.D., who is the White House physician of President Kennedy. She is the first woman to hold this post. Dr. Travell has successfully treated thousands of persons with disabling back pains. The article is a series of questions and answers on her techniques.

There are some questions and answers that apply to we massage therapists; Muscular spasms, a condition that everyone doing real massage therapy meets with every day. Those who are qualified therapists have the know-how to treat muscular spasms. Unfortunately many have not had sufficient training to have gained the confidence and co-operation of the surgeons or even general practitioners. One of Seattle's leading surgeons said to me that if he could only find qualified reliable massage therapists, he could keep them busy all the time in post surgery. He said he knew that to be true of many others practicing surgery. He said that a well-trained massage therapist was worth any number of registered physical therapists who could not, or would not, give adequate time to practical relaxing massage, unless it could be done by electro-therapy. Their time was too valuable. This proves that there is a need for qualified massage therapists, with a background of real massage therapy. There is a great need for colleges of massage therapy, who really teach massage therapy. In our lists of approved schools as listed in our national directory, more of them teach chiropractic, and physical therapy, than they do massage

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John A. Murray, R.C.M.T. etd sevtes  
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### ODE TO A SLIM WAIST

Jane Goodsell

Or--What goes up doesn't always come down

There's no reducing diet

So austere that I don't try it;

No diet plan's too rigorous for me.

I'm an iron-willed ascetic

On all matters dietetic--

I exist for days on rusk and herbal tea.

I can live on cottage cheese,

I clip yogurt recipes;

My daily food requirements are small.

I'll skip breakfast, lunch and dinner

For the sake of getting thinner--it's not so big a sacrifice

Oh, my heroism's far beyond the call.

Is it on my diet list?

If it isn't, I resist!

I wouldn't touch potatoes on a bet.

I would sooner shave my head

Than eat butter on my bread.

I'm ever conscious of my silhouette.

"I'm too tall, I'm too short, I'm too fat, I'm too thin, I'm too

When I meet the girls for lunch,

I watch smugly as they munch

On chicken a la king and coffee mousse.

I think gluttony's distressing;

I have greens (just skip the dressing)

And a glass of dietetic carrot juice.

At breakfast, lunch and tea

I count each calorie;

At dinner time I read a magazine.

A bird would fade away

From em of his

On my rations for the day.

So why do I remain a size fourteen?

Throughout the livelong day,

I'm obsessed with what I weigh;

From dawn to dusk I hardly eat a bite--

But when owls begin to hoot,

I devour forbidden fruit.

My trouble is I go berserk at night.

At elevenish or so  
My will power sinks to low,  
And my appetite zooms upward to its height.  
I fling wide the icebox door  
Like a raging dinosaur  
And gobble up most everything in sight.

Cold beans and apple betty  
And a dish of cooked spaghetti  
And--oh lookee!--here's a hunk of last night's steak!  
Buttered bread with lots of jam,  
Liederkranz and cold baked ham  
And a slice or two of walnut layer cake.

In the daytime I'm a saint;  
I exist without complaint  
On a diet insufficient for a lark.  
I count calories with pride  
But, as Jekyll turned to Hyde,  
I become a raving glutton after dark!

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